

**Amendments to the Specification**

Please amend the fourth paragraph on page 8 of the specification as indicated below:

To illustrate, in *Figure 6 (a)(b)(c)* the pillow sinks in a downward direction 17 and towards the center 18 when a person lies down on it. If this dipping causes discomfort, positive ~~fattener~~ fastener 21 and 23 can be tightened 25 towards the center 24 as in *Figure 8 (a)*, *Figure 9 (a)*. These adjustments pull the pillow covering 33 in an outward direction 26 thereby increasing the height of the pillow 27 and decreasing the indentation 17 and 18 as shown in *Figure 7 (a)(b)(c)* *Figure 9 (a)(b)*.

Please insert the following new paragraphs at the end of the specification on page 11 (see line 4 on page 11):

A pillow where it is possible to adjust the height and width freely, Mr. Osamu Nakasato submitted a pillow that supports the neck and head in Utility Model Registration 3081155 and Patent No. 2003-093212. A hollow is created in the center of the pillow by dividing it into three parts; two panels for the head part together with the cervix part as the third, where the head of the user is nestled and the neck supported by the cervix part giving utmost comfort to the user. Even if the user moves from lying-on-the-side to lying-on-the-back the distortion created in one panel of the pillow will not stay on it but will retain its mound.

Moreover, even if the head part of the pillow is divided in two (pillow divided into three including the cervix part), it is not enough to adjust it to fit the various shapes and size of head and neck perfectly, especially because pillows with filler materials lacking in elasticity (such as chaff, pipes, etc.) does not go back to its original shape after it sinks under the weight of the

head. Negative fasteners are attached to the back of the pillow for the neck and head part. Positive fasteners are attached to the outer seams of in the head and neck divisions that can be bonded to the negative fasteners. By adjusting the fasteners outwards the sinking made by the weight of the head will be increased and adjusting them towards the center will reduce the sinking. A small pillow with positive fasteners can be attached to the negative fasteners at the middle of the pillow where the three panels intersect to further adjust it to fit various neck and head size and shape. This neck-head support pillow adapts itself to the neck and head of 6.3 billion people.